

# Food with Care

### Child and Adult Care Food Program

Bureau of Nutrition, Health and Transportation Services  $\lambda$  lowa Department of Education

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#### How Sweets It Is!

Most of us enjoy eating sweets. While sweet foods can be included in a healthy diet, too many sweets crowd out more nutrient dense foods that children need. In August 2007 the recommendation to limit sweets to twice per week at snack became a requirement. If menus



document that sweet grains/breads are served more than twice per week at snack, identified during State Agency reviews conducted on or after October 1, 2007, any third and subsequent snacks that include these sweets will be disallowed and included in the overclaim calculation.

Sweet grain/bread food products are defined as foods with a footnote of 3 or 4 on the *Handy Guide to Creditable Foods* or the *Grains/Breads Chart* in the CACFP Recordkeeping Manual for Centers (chapter 2, pages 16-17). Foods with a footnote of 3 may only be served at snack and those with a footnote of 4 may be served at breakfast or snack. Sweets served at lunch are not creditable. Below are examples of two foods considered to be sweets and information on how to credit them.

#### **Cereal Bars**

Cereal bars may be served at breakfast or snack. Homemade cereal bars may be credited under Group I of the Grains/Breads Chart as ready-to-eat cereals. Credit according to the amount or weight of the cereal in each bar. Each bar must contain ¾ cup or 1



ounce, whichever is less, in order to credit as a full serving of grain/bread for school-aged children or adult participants. Each bar must contain  $\frac{1}{3}$  cup or  $\frac{1}{2}$  ounce, whichever is less, in order to credit as a half serving of grain/bread required for 1-5 year olds.

Commercial cereal bars (such as purchased *Rice Krispie Treats®*) may not be credited unless you have documentation from the manufacturer. The documentation must say how much cereal (by weight) or how many grain/bread servings a bar provides.

#### **Quick Loaf Breads**

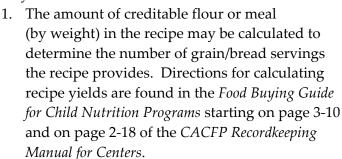


Quick loaf breads, such as zucchini, banana, and pumpkin bread, may be served at breakfast or snack (Group D of the Grains/Breads Chart). One full serving

would equal 50 grams or 1.8 ounces for school-aged children or adult participants. One half serving would equal 25 grams or .9 ounces for 1-5 year olds.

#### **Crediting Baked Goods**

<u>Homemade from scratch:</u> If the grain/bread product is made from scratch there are two ways to credit it.



2. Alternately, a serving may be weighed on a scale (digital preferred) and compared to the required weight on the Grains/Breads Chart. If the serving is too large or too small, the serving size can be adjusted and reweighed to achieve the required portion size based on the age(s) of the children being served.

Homemade from a mix: If the grain/bread product is made from a purchased mix, a prepared serving must be weighed on a scale (digital preferred) and compared to the required weight in Group D of the Grains/Breads Chart. If the serving is too large or too small, the size of the serving can be adjusted and reweighed to achieve the required portion size based on the age(s) of the children being served.

<u>Commercially purchased (prepared):</u> If the grain/bread product is purchased, there are three ways to credit it.

- 1. Refer to the Nutrition Facts Label to determine the weight of a serving. Compare the weight of the serving to the required weight in Group D of the Grains/Breads Chart. If the serving on the Nutrition Facts Label is larger or smaller than the required serving size, you may need to divide the required weight from Group D by the weight on the Nutrition Facts Label to determine the number of servings (as listed on the Nutrition Facts Label) to provide.
- 2. A statement from the manufacturer may be obtained. The statement should indicate the number of grain/bread servings in a defined amount of the food item.
- 3. A serving may be weighed on a scale (digital preferred) and compared to the required weight in Group D of the Grains/Breads Chart. If the serving is too large or too small, the serving size may need to be adjusted to meet the required portion size.

#### Things to Consider

The amount needed to meet meal pattern requirements for some grain/breads is unrealistically large. For example, the required serving size for frosted cake or brownies is ¼ pound for a school aged child! To make sweet grains/breads healthier, consider preparing with half whole wheat flour. You can also reduce the sugar by ¼ to ⅓ in some recipes. Don't be afraid to experiment. Many times the change is so minor that it is not noticed.



#### **Summer is Here!**

Are you ready for fresh vegetables?

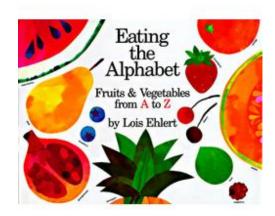
Introduce new or unfamiliar vegetables to children by serving a vegetable plate at snack time. Plan a variety of new and familiar fresh vegetables on the vegetable plate. There is a wide variety of vegetables to select from, such as fresh cauliflower pieces, carrot strips or sticks, broccoli flowerets, pepper rings (red, yellow, orange, green), celery sticks, snow peas, rolled-up cabbage leaves, asparagus spears or other vegetables. Serve the fresh vegetables with a Dip for Fresh Vegetables (CACFP Child Care Recipes, E-15, found on the web at:

http://www.nfsmi.org/Information/cc recipes/E-15.pdf.)



Slightly steam the vegetables for younger children to avoid potential choking problems.
Steaming the vegetable will make the color more brilliant.

During group time, show the words and colorful pictures from "Eating the Alphabet: Fruits and Vegetables from A to Z" by Lois Ehlert (Harcourt Brace & Company, New York, 1989). Ask the children to find the pictures of vegetables in the book that will be or could be included on the vegetable plate.



## **Proper Care and Preparation of Melons**

Refreshing would be a word to describe the taste of melon on a warm summer day. Health professionals recommend eating at least five servings of fruits and vegetables a day. Honeydew melons are rich in Vitamin C, potassium, calcium and iron. Cantaloupe is rich in Vitamins A and C. Watermelons are over 92% water—no wonder they are such a great thirst quenching treat on a warm day. In addition to

containing Vitamins A and C, watermelons also contain lycopene, which scientists believe helps our bodies fight disease.

#### **Food Safety Tip**

Bacteria can adhere to the surface
of produce and can be passed to the flesh when the
item is cut or handled. The most important thing you
can do is wash all fruits and vegetables in clean
drinking water before eating. The melon's skin
should be washed and scrubbed with water, too,
even if you don't eat the rind or skin. Wash the
produce just before you use it, not when you put it

Scrub the outside of your melon. Melon skins can also be washed with a diluted chlorine bleach solution: Mix one teaspoon of bleach (regular bleach with no scent) in a gallon of water. Rinse thoroughly. **Important:** the quantity of bleach used should not exceed one Tablespoon of bleach per gallon of water. Bleach is not the automatic answer to all problems. Some bacteria are highly resistant to chemical disinfection.

#### **Storage**

Some melons may have an edible wax coating applied to resist mold. A ripe melon can be stored in the refrigerator in a plastic bag for up to 10 days. Bacteria grow relatively quickly on cut produce, but refrigeration slows the rate at which the microorganisms multiply. Cut slices or chunks of melon should never be left out or held at room temperature for an extended period of time.

So have a ball and enjoy these wonderful warm weather treats.

#### Welcome Keerti Patel, Southeast Iowa Region Consultant

Keerti Patel, Education Program Consultant has joined the team of consultants at the Bureau of Nutrition, Health and Transportation Services at the Iowa of Department of Education. Her first day at work was March 28th. She will be working in the area of Child Nutrition Programs specifically National School Lunch Program (NSLP) and the Child and Adult Care Food Programs (CACFP) in the Southeast Iowa region.

Keerti has a M.S. degree in Nutrition from Case Western Reserve University, Cleveland, Ohio. She completed her dietetic internship at the University of Iowa. In 2005, she received the Certificate in Public Health from University of Iowa. Keerti lived in Sioux City, IA from 1998-May 2007 where she worked first for Siouxland Community Health Center and then the Siouxland District Health Department. She returns to Iowa from East Lansing, Michigan where she worked briefly with Michigan State University Extension.

Keerti was born in Tabora, Tanzania and raised in Kenya. She attended undergraduate studies in India. Keerti speaks a few North Indian languages and the Kiswahili spoken in East Africa. Keerti also understands and speaks some Spanish. In her spare time, Keerti likes to quilt. She has many unfinished projects. She also likes to read. She recently reread the classic *To Kill a Mockingbird*. She is always open to reading suggestions.

Keerti looks forward to working with schools and childcare centers.

## "Served" Meals in CACFP Reimbursement

CACFP meals must be "served" in their entirety at the beginning of each meal service to be claimed for



CACFP reimbursement. "Served" meals include required components of creditable foods in which enough food is prepared to provide the required serving sizes. Meals may be pre-dished or family style meal service may be used.

When meals are pre-dished, each participant must be served the required amount of each component specified by the CACFP meal pattern serving sizes according to his/her age. Staff members responsible for dishing foods must know the required serving sizes according to participants' ages. Resources for staff include the CACFP meal pattern requirements on pages 2-10 and 2-11 in the CACFP Recordkeeping Manual for Centers, or on the Department of Education (DE) web site:

http://www.iowa.gov/educate/content/view/365/432/#GeneralResources

If meals are served using family style meal service, sufficient quantities of required foods must be in the serving containers placed on the table at the beginning of the meal service to provide each participant (according to age) with the required amount of each component for the meal. Additional food must also be included to allow for serving the supervising adults at the same table. The CACFP Serving Size Chart is a guide for dishing foods into serving containers based on the number of participants and supervising adults seated at each table. The Chart is found at the DE web site above or on page 2-50 in the CACFP Recordkeeping Manual for Centers.

Regardless of the type of meal service used, sufficient quantities of required, creditable foods must be <u>served</u> at the beginning of each meal service to provide each participant with at least the minimum required serving size according to the participant's age. Larger portions beyond the required serving sizes may be served if children or participating adults are still hungry.

### **Contracting for Meals at Centers** (Part 1)

Purchasing meals from another organization can be helpful to your center-based CACFP, especially when you find it hard to keep good workers, when variations in daily attendance make it hard to plan or if your building is not ideal for meal preparation. Organizations that are frequent sources of meals are schools, though other organizations such as commercial caterers can also meet your CACFP's needs. But how do you make the decision about how much you can afford to pay for the meals? And how do you make a choice between two possible vendors?

The calculations are fairly easy, but first you need to gather some information. The first step is to determine your average reimbursement per meal. This will help you determine the maximum price you can afford to spend for a meal. Do this calculation ONLY for the meals you plan to purchase from a vendor.

Use either actual numbers or projected (budgeted) numbers, whichever you feel is more accurate. It is best to use annual numbers, or at least several consecutive representative months. Go to your claim recap on the CNP 2000 system to collect actual information. You will need both payments for reimbursement and Cash in Lieu (CIL) on the right of the claim recap form.

You will use 85% of your reimbursement as your baseline, because you may claim up to 15% of reimbursement for administrative expenses. The administrative portion is not available to pay for vended meals, but will still be an expense associated with the program, so it must be eliminated. Use these formulas to determine your average available reimbursement per meal:

.85 x (Total reimbursement + CIL)  $\div$  number of meals served = average reimbursement per meal

EXAMPLE: You served 6,000 lunches last year, and received a total of \$12,000 in reimbursement and \$1,125 CIL.  $.85 \times (12,000 + 1,125) \div 6,000 = \$1.859$ 

You have determined that you can pay up to this amount for a vended lunch without needing any additional money. Use the same methods for other meals, keeping in mind that CIL is only paid on lunch and supper.

Other factors to consider during your planning phase are these:

- Think about whether you will be able to purchase a meal for your average reimbursement. If your average reimbursement is too low, you will need to identify other sources of income to make up the difference. Pricing programs (CACFPs that charge a fee for meals in addition to the charge for care) should review the fee they charge for meals to be sure it is enough to cover the difference between the actual charge for a vended meal and the average reimbursement. Non-pricing programs (CACFPs that include the cost of meals in the charge for care) will need to include the difference between reimbursement and the cost of the meal in the charge for care;
- Think about the menu that you will be expecting. If you plan to purchase from a school, changes from the regular school menu may result in more labor for the school and a higher charge per meal. Most schools post their menus on the web or will mail you a copy. Whether you plan to purchase from a school or a caterer, go try out the food to see if it is suitable for the children in your care;
- Think about the way you want the meals to reach you. If you want them delivered to your door or in a special kind of container just before the meal is served, expect to pay these costs;
- If you prefer to purchase milk in gallons rather than have half pints delivered from the school, deduct these costs from the price you can pay per meal. Use the same idea if you want to offer more fresh fruit or specific fresh fruit to the children;
- Think about who will do the dishwashing.

Try to identify any other things you will need or special circumstances that exist at your center.

OK, now you have done the preliminary work and you are ready to enter negotiations. In the next Food With Care issue, we'll discuss what kind of things you should be ready to discuss during negotiations, the kinds of information you will need to provide after the contract is signed, what kind of information you can expect from the vendor and the contract itself.

#### Fluid Needs of Adults

As adults get older, they continue to need about 8 cups of fluid each day. Several health related issues make it harder for adults to maintain fluid balance. Your adult day center can help promote fluid intake by offering fluids every 2 or 3 hours at planned meal and snack times. Offering appropriate liquids in menu planning will also increase nutrient intake.

Fluid milk and 100% full-strength fruit juices contribute to the CACFP meal pattern for adults. If your center uses the "Offer vs Serve" option or the "Family Style" option for meal reimbursement be careful that those who refuse the beverage still have the opportunity to receive adequate fluid throughout the day.

If using "Offer vs Serve" all required food items must be offered with each meal and the participant can decline a certain number of items. Assistance with meal component selection may be necessary in order to provide well-balanced meals. This would include assistance with fluid choices.

If using "Family Style" sufficient quantities of food must be on each table to provide the full required portions of each meal item for all participants at the table. This includes having enough milk and creditable juice on the table at the beginning of meal service.

Water is often a "forgotten nutrient" but is an important part of an adequate diet. Water does not contribute to the CACFP meal pattern but can be offered with meals and snacks that meet USDA meal pattern guidelines.

Other foods offered **can** contribute toward the fluid recommendation for adults and **may** contribute to the CACFP meal pattern. Examples are soups, fruit, frozen juice bars, fruit slush, and fruit smoothies.

Avoid offering caffeinated beverages such as coffee and tea as they can accelerate bone loss for adults and can contribute to insomnia. Fruit drinks and soda contain added sweeteners such as corn syrup. They provide little if any nutrients and should be avoided.

#### Seriously Deficient Findings in Child Care Centers

Seriously Deficient (SD) findings in your center may be determined whenever certain kinds of noncompliance with CACFP requirements are identified by the State agency. Your center will always have an opportunity to fully and permanently correct the SD finding, and have the SD determination withdrawn, to avoid possible termination of your center from CACFP participation.

If any CACFP noncompliant practice occurs in your center that could generally be described as follows, then the State agency may determine your center as SD:

- A previously-identified corrective action has not been fully and permanently corrected; or,
- All required CACFP records are not maintained; or,
- False information about your CACFP is submitted to the State agency; or,
- Administrative and financial conditions exist in your center's organization that may block your ability to fully comply with all CACFP requirements.

Termination from CACFP participation may be for up to seven years, or permanently if CACFP money is owed to the State agency.

Regularly consult your CACFP Recordkeeping Manual for Centers, or attend a CACFP "Steps to CACFP Success" workshop, to help you be in full compliance with CACFP requirements.

#### Safely Using Donated Foods in Emergency Shelters

Emergency Shelters may receive donated foods to help lower the cost of feeding their residents. Those donated foods may come from private citizens, retail and wholesale grocery businesses and other sources such as individual local food growers, food co-ops, farmer's markets, etc.

Your center is encouraged to accept donated food from these sources to help conserve your valuable operating funds. But you must also be sure the donated foods are safe to serve your shelter residents.

The following tips will guide you in determining if a specific donated food is safe, and approved, for serving in the Child and Adult Care Food Program:

- Home butchered meat and wild game (fresh, frozen, or home canned) are not allowed under Federal rules.
- Home canned foods of any kind are not allowed under Federal rules.
- If a food is past the "best used by" or "sell by" dates on the package, it does not mean the food item is unsafe to serve, and you may generally assume the food is safe unless other warning signs are observed. Milk processors state that the product is generally safe within 7-10 days of the sell by date. The exception is infant formulas. Infant formula and some baby foods are unique in that they must be used by the "use by" date that appears on the package.
- Other warning signs of unsafe food include dented, bulging, or rusted cans, the package has been opened before you receive the food, there is insect infestation, or the food does not smell and/or look "right".

Remember: "If in doubt, throw it out."

#### **CACFP Training Opportunities**

Steps to CACFP Success • 8/13/08• 8:00 a.m.- 4:30 p.m.



This workshop includes basic requirements for CACFP participation with sections on various topics. You may attend one or more sections.

Attendance at the "Steps to CACFP Success" workshop is encouraged when CACFP staff responsibilities change or when there are new staff members with CACFP responsibilities.

Registration materials and session descriptions are available online at:

http://www.iowa.gov/educate/content/view/410/866/ Please register using the registration form by mail, fax, or e-mail. ICN site locations are subject to change.

#### **USDA Nondiscrimination Statement**

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity employer."

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It is the policy of the Iowa Department of Education not to discriminate on the basis of race, color, national origin, gender, disability, religion, creed, age or marital status in its programs or employment practices. If you have questions or grievances related to this policy, please contact the Legal Consultant, Department of Education, Grimes State Office Building, Des Moines, Iowa 50319-0146, 515/281-5295.

#### New Workshop Attendance Requirements

Due to the number of complaints we have received from participants about the disruptive conduct of other workshop attendees at our "Steps to CACFP Success" ICN trainings, we are now requiring that participants follow these guidelines:

- ✓ Do not carry on side conversations during the presentations. This makes it difficult for others to hear.
- ✓ Turn cell phones on silent; do not play games on cell phones.
- ✓ Do not talk on the cell phone in the classroom during the workshop.
- ✓ Do not leave in the middle of a presentation except for an emergency.
- ✓ Pay attention so it isn't necessary to ask a question that has already been covered by the material presented.
- ✓ Certificates will not be sent to participants who do not conduct themselves appropriately.

  Conduct will be monitored by checking ICN sites visually, from evaluations, and by complaints received.

The Bureau offers training over the ICN to reduce the time and expense of traveling to Des Moines. However there are drawbacks to this training delivery method. ICN sites are generally not monitored by a consultant from the Department of Education, so we rely on participants to use good judgment and to behave in a professional and adult manner.

In spite of making announcements and providing written guidance prior to each workshop, we have continued to receive complaints making it necessary to withhold certificates for inappropriate conduct.

#### Web Resources

#### **School Age Nutrition Education Resources**

No need to reinvent the wheel! Here are two free resources to teach your school aged children to eat healthy.

#### Go with the Whole Grain for Kids

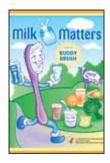
Whole Grain Heroes teach kids in grades K-5 about the benefits of whole grain. Included are learning activities, fitness activities and more!



The Go With the Whole Grain for Kids curriculum features two delightful Whole Grain Heroes to help children learn about the benefits of whole grains and how they can incorporate whole grains into their diet. The fun and engaging curriculum includes a program designed for children in grades kindergarten through second grade and a more in depth version for children in grades three through five.

#### Download materials at:

http://bellinstitute.com/index.aspx?cat\_1=83



#### Milk Matters for Kids!

Milk Matters is a public health education campaign from the National Institute of Child Health and Human Development (NICHD) to promote calcium consumption. This organization recognizes lack of calcium intake as a serious and growing threat to the health of

young people later in life. The coloring pages, puzzles, games and activities on the web page below will help you to teach kids more about calcium, and why it's important for strong bones and healthy teeth. Children will learn how much calcium they need every day, and what foods provide calcium.

#### Download materials at:

http://www.nichd.nih.gov/milk/kids/kidsteens.cfm